

2015

Ask Nurse Steve

FREDERICK COUNTY
Department
of Aging

Steve Stoyke, LPN provides a brief overview and answers your questions about a current health topic, as well as provides blood pressure and other basic health screenings at this location. Check the calendar for day and time.

January **When is good food not good for me?**

A discussion of the myths and truths about foods and their benefits.

February **How do I exercise my brain to stay at the top of my game?**

A discussion on brain health, forgetfulness, dementia, and memory impairment.

March **How do I take care of this skin I'm in?**

A discussion on the care and maintenance of our skin.

April **What drives an autoimmune disease?**

A discussion of autoimmune diseases such as Lupus, Parkinson's, MS, and various thyroid conditions.

May **My doctor orders blood work, but how does my blood work?**

A discussion of components and conditions that affect the circulatory system.

June **Do my watering eyes, runny nose and itching mean I have allergies?**

A discussion of allergies; what causes them and how to prevent and treat them.

July **How can I talk to my doctor, so we both understand?**

An explanation of doctors' pet peeves with patients and how to have a conversation about your health care.

August **Am I really just one shot away from getting sick?**

An explanation of flu and other vaccinations to prevent contagious diseases.

September **Does feeling a little blue have to ruin my whole day?**

A discussion on ways to cope with depression and chronic discomfort.

October **What do I have in common with Humpty Dumpty?**

A discussion of the causes and prevention of falls.

November **Can I really be an organ donor at my age?**

An explanation of the organ donation program and why donations are important.

December **Is Laughter really the best medicine?**

A discussion of ways laughter benefits mood and general health.



